



October 27-November 2, 2014

Cycle 6

Food portions at breakfast and lunch will be served as required by the Healthy Hunger-Free Kids Act of 2010.

For more information, please visit the FNS website:

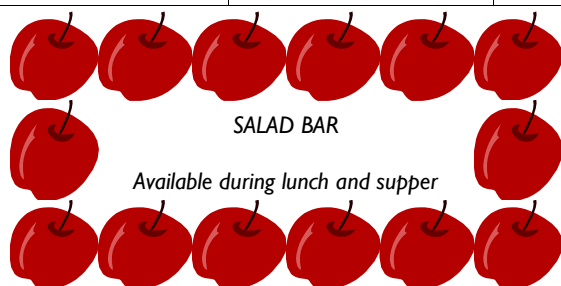
<http://www.fns.usda.gov/cnd/governance/legislation/nutritionstandards.htm>



Most menu suggestions by  
Saguaro Residence

**\*\*Please note: Items are subject to change based on availability without prior notice\*\***

Mon 27	Tue 28	Wed 29	Thu 30	Fri 31	Sat 1	Sun 2
WW toast or WG h/n chex Pineapple Orange juice Hashbrown Bacon Milk	WW toast or WG biscuit Orange smiles Apple juice Sausage gravy Milk	WW toast Peaches Craspberry juice Country potatoes Scrambled eggs w/ chorizo Milk	WW toast or WG bagel Pears Orangerine juice Sausage poatty Milk (cream cheese)	WW toast or WW tortilla Mandarin oranges Fruit punch Scrambled eggs w/ potatoes Milk (salsa)		
WG French bread pizza Romaine caesar salad Fruit rollup Milk	Chicken fried steak Peas Mashed potatoes Dinner roll Pudding Milk (gravy/margarine)	Cheeseburger on WW bun or Veggieburger on WW bun Baked beans Coleslaw Seasonal fruit Potato chips Milk	Reuben WW sandwich Au gratin potatoes Macaroni salad Sidekicks Milk	WW Grilled cheese Tomato soup Green beans Seasonal fruit Milk	Sloppy joe on bun Corn on the cob Potato chips Pudding Milk	Super nachos (tortilla chips/taco meat/seasoned pinto beans/sour cream/guacamole/salsa/ lettuce/cheese sauce/jalapeno slices) Spanish rice Cookie Milk
Corndog Potato salad Pasta salad Apricots Milk	Beef stroganoff Rice pilaf Steamed cauliflower w/ cheese sauce Pudding Milk	Oven fried chicken Peas and carrots Mashed potatoes Peach cobbler Milk (gravy)	Beef patty slider Baked beans Potato chips Mixed fruit Milk	Sonoran hotdog (pinto beans/sautéed onions/ diced tomatoes/lettuce) Corn chips Gel-o Milk	Chicken alfredo w/ broccoli WG breadstick Romaine caesar salad Sherbet Milk	Fish sticks Buttered corn Scalloped potatoes Seasonal fruit Milk (lemon wedge/tartar sauce)



- ♦ 1% and fat-free milk offered at every meal
- ♦ fat-free chocolate milk will be offered at lunch and supper every Tuesday and Thursday
- ♦ fat-free strawberry milk may be offered occasionally

**Criteria for a meal to be reimbursable:**

- ⇒ **Must have 3 components (one component must be fruit or vegetable) at breakfast**
- ⇒ **Must take the fruit or vegetable component and 2 other components from 5 different components (food groupings) at lunch**

Breakfast:	6:45-7:45am Monday-Friday
Lunch:	11:30am-1:10pm Monday-Thursday
	11:30am-1:00pm Friday
Saturday & Sunday Lunch:	12:15-1:15pm
Supper:	4:30-6:00pm Monday-Thursday
	4:30-5:30pm Friday
Saturday & Sunday Supper:	4:45-5:45pm

**If you have questions about this menu, please call the Food Service Department at 520.770.3696 or send an email to [jeanne.foster@asdb.az.gov](mailto:jeanne.foster@asdb.az.gov)**

The US Department of Agriculture prohibits discrimination in the operation of the Child Nutrition Programs on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write USDA, Director, Office of Adjudication, 1400 Independence Avenue, SW, Washington, DC 20250-9410 or call toll free 866.632.9992 (voice). Individuals who are hearing impaired or have speech disabilities may contact USDA through the Federal Relay Service at 800.877.8339 or 800.845.6136 (Spanish).